

# CAMP SEF

• Sioux Falls' Newest Summer Camp •

*In Partnership with*



**2010 SUMMER CAMP GUIDE**  
FOR KINDERGARTEN THRU 8TH GRADE



4600 SOUTH TENNIS LANE  
SIOUX FALLS, SD 57106

**605.361.0445**

[www.siouxempirefitness.com](http://www.siouxempirefitness.com)

# Welcome to Sioux Falls' Newest Activity Summer Camp



## Introduction

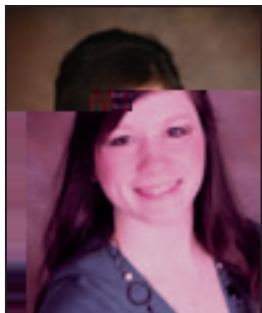
We are proud to introduce Sioux Falls' newest camp developed exclusively by Sioux Empire Fitness. With new management and a focus on youth activities, the CampSEF will have an exciting and diverse summer camp option for Sioux Falls and the region. The CampSEF programs are designed to provide a fun, safe, and skills-based summer schedule for grade levels K-8th grade.

CampSEF offers supervised programs and are tailored for boys and girls who want to develop new skills while building character and self confidence. Will your child have fun...we guarantee it. Our activities schedule and specialty camps will challenge the more conventional programs offered in the market. Our programs are designed by activity gurus (aka trained and certified professionals). This means we take your child's safety and learning serious... while having so much fun they will look forward to every day.

## Our Commitment

Just imagine the confidence gained by building skills and mental aptitude while having fun and taking on age-based challenges that will make a lasting impression. Our program directors have created a setting that will provide varied and new experiences designed to build character, confidence, and self esteem. We will help each child believe in their own ability...and develop a passion for learning and engaging in new activities.

Creating balance in the lives of young people will help them excel in scholastics, exercise, social skills and life as they grow into young adults. CampSEF encourages a healthy diet, exercise and social activities. We at CampSEF are committed to show how each camper can enhance their lives and prepare them for a healthy and active lifestyle.



### Jill Weisser, Program Director

Jill is the new Program Director of Camp SEF, and is so excited to add some fun, physical activity, and creativity to your child's summer! She graduated from Dakota State University with a major in Physical Education and health. Jill has worked with children for over 10 years including: physical education, special education, children with needs, and has directed various programs. Your child will develop new skills, stay active, and gain confidence in a wide range of activities, and have a blast at CAMP SEF!

## How To Register

**To Register in Person:** Complete the attached registration form and bring to the Sioux Empire Fitness offices located at 4600 S. Tennis Lane in Sioux Falls. (We are two blocks South of 57th Street and two blocks East of Louise Avenue.)

**To Register by Mail:** Complete all attached forms and enclose a check (payable to Sioux Empire Fitness) or supply a credit card number, expiration date and signature in a letter. Mail your completed form with payment to Sioux Empire Fitness, 4600 S. Tennis Lane, Sioux Falls, SD 57106

## Deposits

A non-refundable deposit of \$30 per week of camp, per child, must accompany the registration form and is required to reserve space each week. Deposits will be credited towards the camp weeks' fee. If you switch weeks, your \$30 deposit does not transfer. There will be \$30 additional fee for any registrations accepted after 6:00pm the Friday prior to your registered week.

## Refund Policy

All cancellations must be reported in writing no later than ten business days prior to your child's start date. Your registration amount will be refunded less your deposit fee. No refunds will be issued if cancellation occurs fewer than ten business days prior to your child's start date.

## Optional Lunch

Parents can sign up to have a nutritious lunch available for \$5/day or can bring own sack lunch.

## 5% Discount

Pay for all of your camp weeks in full by April 30, 2010 and receive a 5% discount.

*Note: All paperwork and balances are due five business days prior to your child's start date.*

# 2010 Camp Dates



## Schedule

May 24 – 28:	Week 1
May 31 – June 4:	Week 2
June 7 – 11:	Week 3
June 14 – 18:	Week 4
June 21 – 25:	Week 5
June 28 – July 2:	Week 6
July 5 – 9:	Week 7
July 12 – 16:	Week 8
July 19 – 23:	Week 9
July 26 – 30:	Week 10
August 2 – 6:	Week 11
August 9 – 13:	Week 12

*Note: August 16 is the first day of school in Sioux Falls public schools*



## Sample Camp Day

7:30 – 8:30 am	Early Camp
8:30 – 9:00 am	Drop Off
9:00 – 9:10 am	Group Huddle or transition
9:15 – 10:10 am	Soccer or Football
10:15 – 11:10 am	Arts and Crafts
11:15 am – 12:10 pm	Volleyball or Swimming
12:15 – 12:45 pm	Lunch
12:50 – 1:45 pm	Basketball or Tennis
1:50 – 2:45 pm	Arts and Crafts
2:50 – 3:50 pm	Team Building, Youth Games
3:55 – 4:15 pm	Pick-up
4:15 – 6:00 pm	After Camp

*To be in Day Camp, Children Must Be 6 Years Old by September 30, 2010*

## Pricing

	Member	Non-Member
<b>Day Camp</b>	\$145/Week	\$165/Week
<b>Early Camp</b> (7:30-8:30 am)	\$10/Week	\$10/Week
<b>After Camp</b> (4:15-6:00 pm)	\$15/Week	\$15/Week
<b>Specialty Camps</b>	\$135/Week	\$155/Week

*Pay for all your camp weeks in full by April 30, 2010 and receive a 5% discount.*

9) **ACCEPTABLE/UNACCEPTABLE BEHAVIOR:** CampSEF expects campers to respect others, harmoniously participate in games, cooperate with Camp team members and be enthusiastic. CampSEF will report any incidents of unacceptable behavior to the parent or guardian of all campers involved. CampSEF reserves the right to release a child for unacceptable behavior.

10) **LUNCH:** It is recommended that all campers bring a sack lunch. All other campers can either bring a sack lunch or parents can pre-purchase a nutritious sack lunch at the facility. All items brought from home must be marked with the camper's name.

11) **VISITING:** CampSEF has an open door policy regarding parent/guardian visits. We strive to foster a child's independence and growth while allowing parents/guardians the opportunity to observe their camper at play. CampSEF is committed to the safety of the children at our Summer Camp. We require all visitors to check-in at the front desk and be escorted by a team member. If you wish to accompany your camper at any time during his or her day, please notify the Director.

12) During an emergency, such as natural disaster or similar events, CampSEF will cease regular day activities and follow procedures according to the facility emergency preparedness plan. If you would like a copy of the emergency preparedness plan, please see the Director. Parents will be contacted if the children are to be released early.



13) **MEDICAL RECORDS:** As stated on the Summer Camp Registration Application, medical papers (a copy of the school medical report will suffice), and birth certificate must accompany the child's application. This is extremely important for the safety and health of the campers and staff. If the camper's file is incomplete, CampSEF will notify the parent/guardian. Participants will not be permitted to attend the program until all necessary documents are complete and on file.

14) **WHAT TO BRING:** Please bring socks and sneakers, loose clothing, bathing suit, towel, and a snack if desired. Also, please label each of your camper's belongings. CampSEF is not responsible for lost or stolen items. Lost and found is emptied every two weeks.

15) **CONFIRMATION:** CampSEF will mail a confirmation letter to each camper's parent/guardian with the balance to be paid.

16) **HOURS:** CampSEF is open Monday – Friday 7:30am – 6:00pm.

17) **TOY POLICY:** To prevent broken, abandoned, or lost toys, we ask that they be left at home.

18) **CONTACT INFORMATION:** Contact the Camp Director at 605-361-0445.

19) **CHILDREN GROUPED TOGETHER:** If your child would like to be grouped with another camper, please provide a letter of request from each child's parents before the camp week begins. CampSEF will attempt to fulfill all requests but cannot guarantee grouping requests.

20) **DEPOSITS:** A non-refundable deposit of \$30 per week of camp, per child, must accompany the registration form and is required to reserve space each week. Deposits will be credited towards the camp week's fee. If you switch weeks, your \$30 deposit does not transfer.

21) **PAYMENT DEADLINES/LATE FEES:** Registration and payment for each week of camp must be completed the Friday prior to your week of registration. A \$10 late fee per week will be assessed for balances paid after the due date.

22) **LATE REGISTRATION:** All paperwork and balances are due the Friday prior to your camper's start date. A late registration fee of \$30 will be charged to all campers registering during the registered week.

23) **CANCELLATION POLICY:** All cancellations must be reported at least ten business days prior to your child's start date. No refunds will be issued if cancellation occurs fewer than ten business days in advance.

We hereby grant to Sioux Empire Fitness permission for the child named to:

- A) be transported to any Field Trips during the CampSEF;
- B) participate in aquatic activities on Sioux Empire Fitness premises;
- C) take part in all programs facilitated during CampSEF's Summer Camp program including the use of all indoor and outdoor equipment.

\_\_\_\_\_  
Parent or Guardian's Acknowledgement of Policies and Procedures

\_\_\_\_\_  
Date

\_\_\_\_\_  
Child's Name

\_\_\_\_\_  
Age

I understand and accept the balance due and the payment due date.

\_\_\_\_\_  
Parent or Guardian's Acknowledgement

\_\_\_\_\_  
Date

## CampSEF 2010 Registration Form

### Camper Information

A CampSEF Summer Camp Registration Form must be completed for EACH child.

Full Name \_\_\_\_\_ Nickname \_\_\_\_\_

Street Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_ Home Phone \_\_\_\_\_

Female  Male Birthdate \_\_\_\_\_ Grade in Fall 2010 \_\_\_\_\_ School \_\_\_\_\_  
(Children must be 6 years of age by September 30, 2010 to participate in CampSEF.)

Allergies, medications, other concerns \_\_\_\_\_

Pediatrician \_\_\_\_\_ Location \_\_\_\_\_ Phone \_\_\_\_\_

Permission to Swim:  Yes  No Please state swimming ability \_\_\_\_\_

Are you a Sioux Empire Fitness member?  Yes  No

### Family Information

Mother/Guardian Name \_\_\_\_\_  Custodial Parent  Non-Custodial  Other

Home Phone \_\_\_\_\_ Work Phone \_\_\_\_\_ Cell Phone/Pager \_\_\_\_\_

Address \_\_\_\_\_

Employer Name and Address \_\_\_\_\_

Father/Guardian Name \_\_\_\_\_  Custodial Parent  Non-Custodial  Other

Home Phone \_\_\_\_\_ Work Phone \_\_\_\_\_ Cell Phone/Pager \_\_\_\_\_

Address \_\_\_\_\_

Employer Name and Address \_\_\_\_\_

Email Contact \_\_\_\_\_

### Emergency Information

Name #1 \_\_\_\_\_ Address \_\_\_\_\_

Home Phone \_\_\_\_\_ Work Phone \_\_\_\_\_

Name #2 \_\_\_\_\_ Address \_\_\_\_\_

Home Phone \_\_\_\_\_ Work Phone \_\_\_\_\_

How did you hear of CampSEF? \_\_\_\_\_

### Parent/Guardian Consent and Agreement

I am requesting that the named camper be admitted to Sioux Empire Fitness CampSEF and I understand the nature and scope of the summer camp listed above and will adhere to all policies of the summer camp. I understand that there are risks and dangers associated with summer camp. I understand that it is not the function of the Sioux Empire Fitness, its employees, agents, operators, or instructors to guarantee the safety of participants with respect to summer camp. I also understand that each participant has the responsibility to exercise due care in the performance of summer camp activities for the safety of himself/herself and the other participants.

I furthermore understand that **1) a medical and immunization form must be filled out, signed, and 2) a copy of child's birth certificate or passport be submitted with the registration form in order for a child to attend.**

In the event that I cannot be reached in an emergency involving the above named participant, I hereby give permission to the appropriate medical personnel, selected by Sioux Empire Fitness Camp Directors, to provide medical treatment deemed necessary by such personnel. I also give permission for the named camper to be included in photos or videos for promotional use. Also, if I enroll my child in an event that will need transportation, my signature below signifies that I give permission for my child to be transported from CampSEF to the appropriate destination via CampSEF bus or a contracted transportation company. CampSEF will provide notice the day prior to an event needing transportation, I will then have an opportunity to withdraw my child from such an event.

**I HAVE READ, AND I UNDERSTAND, THE ABOVE LIABILITY RELEASE.**

Parent/  
Guardian Signature \_\_\_\_\_

Date \_\_\_\_\_

**MARK ALL BOXES FOR DAYS AND ACTIVITIES YOU WISH TO REGISTER YOUR CHILD**

	SUMMER DAY CAMP	EARLY CAMP 7:30-8:30 am \$10/Week	AFTER CAMP 4:15-6:00 pm \$15/Week	SPORT AND SPECIALTY CAMPS - 9:15 am - 12:15 pm			
				TENNIS	VOLLEY-BALL	MARTIAL ARTS	ALL SPORTS
Grade in Fall 2010	K-8th Grade	K-8th Grade	K-8th Grade	3rd-8th Grade	3rd-8th Grade	3rd-8th Grade	3rd-8th Grade
<b>WEEK ONE</b> MAY 24-28							
<b>WEEK TWO</b> MAY 31 - JUNE 4							
<b>WEEK THREE</b> JUNE 7-11							
<b>WEEK FOUR</b> JUNE 14-18							
<b>WEEK FIVE</b> JUNE 21-25							
<b>WEEK SIX</b> JUNE 28 - JULY 2							
<b>WEEK SEVEN</b> JULY 5-9							
<b>WEEK EIGHT</b> JULY 12-16							
<b>WEEK NINE</b> JULY 19-23							
<b>WEEK TEN</b> JULY 26-30							
<b>WEEK ELEVEN</b> AUGUST 2-6							
<b>WEEK TWELVE</b> AUGUST 9-13							

**SPORT AND SPECIALTY CAMPS  
9:15am – 12:15pm**

All Sports and Specialty Camps can be upgraded to a full day with our Regular Summer Day Camp. We recommend that all participants in Sports and Specialty Camps pack lunch each day. Sports and Specialty Camps run from 9:15am – 12:15pm and are designed for children in 3rd grade and up.

**Tennis**

CampSEF's Tennis Pros teach campers the proper stroke techniques of the game of tennis.

**Martial Arts**

CampSEF's Martial Arts program has received local attention and will provide campers with a structured learning environment to build confidence and provide the foundation for higher degrees.

**Volleyball**

We know volleyball and how to encourage fun and skills that will provide the camper with the basics and shot making they can use in competition or in fun with their friends.

**Football and All Sports**

CampSEF's coaches and athletes teach campers the fundamentals of the sports with an emphasis on developing skills and teamwork. Includes football, basketball and soccer by FCA.



**DAY CAMP**

	Member	Non-Member
Day Camp	\$145	\$165
Early Camp	\$ 10	\$ 10
After Camp	\$ 15	\$ 15

**SPORTS & SPECIALTY CAMPS**

	Member	Non-Member
Specialty Camp Only	\$135	\$155
Specialty Camp & Day Camp	\$205	\$225

*(All pricing is per session)*



**FOR CAMP STAFF USE ONLY**

Balance Due \_\_\_\_\_

Date Due \_\_\_\_\_

**Dear Summer Camp Parents,**

Thank you for the opportunity to share a wonderful experience with your child through CampSEF Summer camp program. Please return all confidential information (i.e. medical papers, application, etc) in a sealed envelope. Return all forms to CampSEF front desk, including this form with the appropriate signatures. Feel free to call (605) 361-0445 with questions.

**CampSEF Summer Camp Policies and Procedures:**

- DROP-OFF:** Each morning, please park and bring your camper to the north entrance of CampSEF. Campers will then be checked in and escorted to appropriate groups. Drop-Off for CampSEF is 8:30am-9:00am.
- PICK-UP:** A parent/guardian must sign out a camper with a counselor before leaving the premises. For safety reasons, CampSEF staff will not release any camper to an individual not listed on his or her application. If someone other than the parent arrives to pick up a camper, a valid photo ID is required. Please park your vehicle in the lot before entering the building to pick up a camper. Drive cautiously through the lot as there are many children entering the building.
- LATE PICK-UP:** Pick up times are very important. Parents will be charged \$1 per minute for each additional minute their camper remains after pick-up time. If you know that you are running late, please call to notify the camp team. CampSEF reserves the right to release a camper from the summer camp program after pick-up times are repeatedly missed.
- ILLNESS:** CampSEF reserves the right to release a camper if he or she is too ill to participate in the summer camp program or may be contagious. CampSEF will notify the camper's parent/guardian or emergency contact to arrange the camper's immediate pickup.
- DISEASE:** CampSEF must be notified within 24 hours or the next business day after a camper or any member of the immediate household has developed any reportable communicable disease as defined by the State Board of Health. Life threatening diseases must be reported immediately.
- COMMUNICATING AN EMERGENCY:** In an emergency, CampSEF will contact the camper's parent or guardian. If unavailable, we will notify the emergency contacts listed on your child's Summer Camp application.
- MEDICINE:** CampSEF must receive written consent from a parent or guardian for any medicine to be administered during camp hours. Medicine must be labeled with the camper's name, name of the medication, dosage amount, and time(s) to be given. Medication must be in the original container with the prescription label or direction label attached. An 'Authorization to Give Medication' form must also be completed before administering medicine.
- SUNSCREEN:** CampSEF must receive written consent from a parent or guardian for any sunscreen or skin product that is to be administered during camp hours. Written consent must note any potential adverse reactions. Skin products must be in the original container and labeled with the camper's name.



Sioux Empire



OFFICIAL NIKE SPARTAN PERFORMANCE TRAINING FACILITY

4600 South Tennis Lane • Sioux Falls, SD 57106  
605.361.0445 • [www.siouxempirefitness.com](http://www.siouxempirefitness.com)

CAMP SEF...  
Join Us for a  
Fun Summer!

# CAMP SEF

## Summer Camp Open House

**Open House Activities for You and Your Family:**

**Saturday, March 13, 2010**

*(double check dates and times)*

**9:00 am - 12:00 Noon**

**Activities for Children:**

- Face painting and crafts to take home and/or display for CAMP SEF
- Pool
- Basketball games
- Tennis games (bring your own racquet or one will be provided)
- 11:30 Pizza and beverages provided
- Learn about Camp SEF
- Tour Facility
- Register for Camp
- Ask Questions
- NFL player to be announced!

**Saturday, April 10, 2010**

*(double check dates and times)*

**9:00 am - 12:00 Noon**

**Activities for Children:**

- Face painting and crafts to take home and/or display for CAMP SEF
- Pool
- Basketball games
- Tennis games (bring your own racquet or one will be provided)
- 11:30 Pizza and beverages provided
- Learn about Camp SEF
- Tour Facility
- Register for Camp
- Ask Questions
- NFL player to be announced!